

# Virginia Cooperative Extension Alexandria/Arlington September Programming Updates



**Lee Center**  
**1108 Jefferson Street**  
**Alexandria, VA 22314**

**Lee Center**  
**Updated Hours:**  
**Monday-Friday**  
**8:00am-5:00pm**  
**Office: (703) 746-5546**  
**Fax: (703) 684-5285**

**\*Arlington Office is currently  
closed to the public.  
Staff are back in the office  
from 8:00am-5:00pm.**



# 4-H Youth Development

For more information on these programs, please contact  
Arlington 4-H Extension Agent  
Caitlin Verdu at  
[cverdu@vt.edu](mailto:cverdu@vt.edu)



## 4-H Program Updates

Arlington 4-H hopes to resume our regular in-person programming with APS Extended Day this fall. Before the pandemic, 4-H Volunteers led afterschool clubs in the areas of environmental education, gardening, healthy living and more. Each club consists of 10-15 youth who met with the same volunteer team over six weeks. These clubs ran in partnership with Extended Day at no additional cost to families. Much of our programming transitioned to run virtually during the pandemic. Public health conditions permitting, we are really looking forward to resuming these programs in-person!

*If you are interested in helping to run a 4-H Club, we can always use more help!*

Volunteers should be able to commit to helping one day a week from 3:45-5:00pm for six consecutive weeks. You'll also need to pass a background check and provide your own transportation to the schools. We provide training, mentorship, resources, and fun! If you would like to learn more, please contact 4-H Agent Caitlin Verdu at [cverdu@vt.edu](mailto:cverdu@vt.edu). These positions are only a short time commitment, but make a serious difference in the lives of Arlington youth!



# Family Nutrition Program

## *SNAP-Ed*



### September 2021 is National Childhood Obesity Awareness Month!

*Did you know that nearly 1 in 5 (19%) children in the United States are obese?*

*Did you also know that children with obesity are at a greater risk for having other chronic health conditions, such as sleep apnea, asthma, and type 2 diabetes?* National Childhood Obesity Awareness Month allows us all to learn the detrimental effects of this serious condition.

Not just during this month, but throughout the year, parents and caregivers can help prevent obesity in children and support healthy growth. Below are resources from the Center for Disease Control & Prevention on ways we can combat this condition:



- [Explore MyPlate](#)

- [Physical Activity Recommendations](#)

- [Parents for Healthy Schools](#)

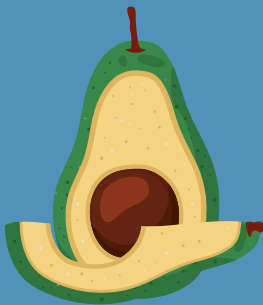


Reference: [CDC Division of Nutrition, Physical Activity, and Obesity](#)

### 2021 Programming Options

VCE FCS SNAP-Ed Agents are continuing to offer these exciting programming options in 2021. Please see our marketing flyers below for more information:

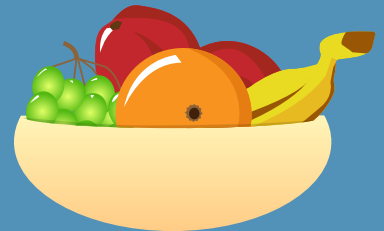
#### Literacy, Eating, Activity for Preschoolers



[Pick a Better Snack](#)

[Choose Health](#)

[Teen Cuisine](#)



#### Physical Activity Challenge

For more information, please reach out to:



Kirsten Kelley, M.S.  
FCS SNAP-Ed Extension Agent  
[kirstenk19@vt.edu](mailto:kirstenk19@vt.edu)  
703-746-5542

For electronic resources, please visit our website at: [www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

# Family Nutrition Program *EFNEP*



## Nutrition Education

In partnership with Casa Chirilagua, The Family and Community Engagement Center, and Alexandria Public Schools, among other organizations in Alexandria City, many families have joined the Family Nutrition Program. Participants have learned basic cooking skills and nutrition information that have helped them to improve their nutrition habits. Be a part of the many participants and organizations in our community that have joined the Family Nutrition Program!

Learn how to shop for healthy foods while staying within your food budget, make delicious and balanced meals by incorporating healthy ingredients, and find new ways to be active. The Family Nutrition Program and Virginia Cooperative Extension are currently offering in-person and virtual nutrition education via Zoom!

Other topics taught during the sessions include meal planning, food safety, and food shopping to save time and money. After completing the program, participants receive a variety of reinforcements to continue applying what they learned in class.



To learn more about food safety, the MyPlate model, and physical activity, join the Family Nutrition Program! After completing the program, participants receive a variety of reinforcements to continue applying what they learned in class. There is no cost to join the program.

If you or your organization are interested in joining the classes, please contact:

Milena Montoya  
Adult Program Assistant -  
EFNEP  
[yira7@vt.edu](mailto:yira7@vt.edu)  
(703)-746-5546



Come join the Family Nutrition Program and get many of these delivered FREE after program completion...





# Agriculture & Natural Resources

## Master Gardener Updates



For additional information, please contact:

Kirsten Ann Conrad  
Agriculture Natural Resource Extension Agent  
Virginia Cooperative Extension  
Email: [kbuhls@vt.edu](mailto:kbuhls@vt.edu)



*VCE-MGNV Virtual Classroom public education events for September 2021 are online and open to all. RSVP online at <https://mgnv.org/events/> to receive the link to participate. Click on the event titles to RSVP for each event. If you can't join us for a live online presentation, video recordings of the sessions will be posted [HERE](#).*

### Friday, September 10, 10:00 – 11:30 am, ONLINE

#### Tree Care: Managing Pests and Diseases

The health of Arlington and Alexandria's urban forest depends on efforts across the community to plant and care for our trees. From time to time, our green canopy needs some TLC. Join Kirsten Conrad, Extension Agent for Arlington County and the City of Alexandria, to learn about common questions asked regarding tree root, leaf, and stem diseases and insect pests, and what is injurious to your trees and what is not. This program also will discuss best practices for tree planting and replacement and will offer easy, inexpensive, straightforward measures to help avoid tree problems and ensure that your trees have the best possible chance for success. Free. RSVP [HERE](#) to receive link to participate.

### Saturday, September 11, 2:00 – 5:00 pm, Organic Vegetable

#### Garden at Potomac Overlook Regional Park

2845 Marcey Road, Arlington 22207

#### Organic Vegetable Garden Pepper Fest!

Come sample the many kinds of peppers that we grow and tour the garden! Extension Master Gardeners will answer questions about growing peppers and other beloved summer crops. We'll also cover other topics such as composting, soil preparation, seed selection, protecting crops from insects and animals, and ideas for your garden this Fall. Free.

### Friday, September 24, 10:00 – 11:30 am, ONLINE

#### Putting Your Garden to Bed

Did you know that Fall is the ideal time to plant trees, shrubs, and perennials? This class offers easy tips for planting, onsite composting, providing winter habitat and food for wildlife, and end-of-season care of tools and equipment. We'll help you identify opportunities to learn from this year's successes and failures (we all have them) to lay the groundwork for next year. Speakers are Extension Master Gardeners Joan McIntyre, who leads the VCE-MGNV Neighborhood Champions program that supports Master Gardeners as they offer gardening expertise to their neighborhoods, and Molly Newling, who excels at teaching the fine points of pruning, among her many other gardening talents. Free. RSVP [HERE](#) to receive a link to participate.

### Sunday, September 26, 10:00 am – 3:00 pm [Rain or Shine], Glencarlyn

#### Library Community Garden

300 South Kensington Street, Arlington 22204

#### Glencarlyn Library Community Garden Autumn Fest

Come to the Glencarlyn Library Community Garden Autumn Fest for a lively celebration of Fall! There will be three mini-workshops on gardening. At 11:00 am, "Climate Conscious Gardening" will offer ideas for earth-friendly gardening practices. At 12:00 noon head over to the historic Colonial Ball-Sellers House across the street from the library to learn about the selection, placement and uses of plants in "Colonial Gardens." Need a refresher on how to sharpen and care for your garden tools? At 1:00 pm, "Tool Time" will provide answers. Consult with Audubon at Home Ambassadors and Extension Master Gardeners and peruse the native plants from Hill House Nursery and the many craft vendors. For the kids, a Naturalist will discuss critters from 10:00 am – Noon. Free. For more information, email [glencarlynlbrarygarden@gmail.com](mailto:glencarlynlbrarygarden@gmail.com).

### Note to All:

#### OPERATING! – The Extension Master Gardener Help Desk is still answering emails!

We welcome your garden-related questions, including those related to plant and insect identification. Please include photos to assist us with identification. The Help Desk is open weekdays from 9:00 am to 12:00 pm (noon). Contact us at [mgaralex@gmail.com](mailto:mgaralex@gmail.com).

Check out our Plant Clinics, now operating (through September 25th)! The Arlington Farmers Market Plant Clinic, is open on Saturday mornings from 8 – 11 am, and is located at N. 14th St and N. Courthouse Rd. The Del Ray Farmers Market Plant Clinic, is open 8:30 – 11 am at 203 E. Oxford Ave, Alexandria. The Alexandria Farmers Market Plant Clinic, located at 301 King St., Alexandria, operates from 7:00 – 9:30 am.

Also check out the resources on our website, [mgnv.org](http://mgnv.org). You'll find Gardening Basics for Arlington & Alexandria, VA listing our hardiness zone and frost dates, a list of problem plants and better alternatives, and an extensive compilation of Tried and True Native Plants for the Mid-Atlantic Area, complete with great color pictures and descriptions. Our schedule of gardening programs is posted on this website, so be sure to check it often!

*If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Arlington County Cooperative Extension five days prior to the event at 703-228-6400 or \*TDD (800) 828-1120 during business hours (8:00 am–5:00 pm) to discuss accommodations 5 days prior to the event.*

*Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. VCE is an equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.*



# Family & Consumer Sciences

## *Energy Updates*

For additional information, please contact:  
[Aisha P. Salazar, M.S.](#)  
*Associate Extension Agent, Family & Consumer  
Sciences*  
(serving Arlington & Alexandria  
through Food, Nutrition, Health; Finance;  
and Energy Efficiency programs)  
Email:  
[asalazar@vt.edu](mailto:asalazar@vt.edu)



[Stephanie Tsao](#) -  
*Energy Masters Program Coordinator*  
(serving Arlington & Alexandria)  
Email:  
[stephaniet@vt.edu](mailto:stephaniet@vt.edu)



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*Energy Masters volunteers present FREE virtual community events on energy and water conservation in your home that can help save money and the environment. If you have any questions, please email [energy@ecoactionarlington.org](mailto:energy@ecoactionarlington.org). For full details visit [arlington.ext.vt.edu/programs/energy-masters-volunteers.html](http://arlington.ext.vt.edu/programs/energy-masters-volunteers.html)*

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### Energy Masters is Hiring

EcoAction Arlington, a community nonprofit organization, is seeking a part-time coordinator to support an expansion of our Energy Masters program. This coordinator will develop a program to support energy efficiency improvements for residents living in recovery residences and group homes. This will include training volunteers, coordinating workdays with property managers, and overseeing workday logistics. The program coordinator will be hired from August 2021 through June 2022 with the possibility of extension if additional funding becomes available. More information: [www.ecoactionarlington.org/about-us/jobs](http://www.ecoactionarlington.org/about-us/jobs).

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### Energy Masters Collaboration with Housing Partners

In September, we plan to work with our housing partners to participate in autumn fairs. We are still finalizing dates, but please monitor our calendar to find the latest updates: <https://arlington.ext.vt.edu/programs/energy-masters-volunteers.html>.



**ENERGY  
MASTERS**



# Family & Consumer Sciences Updates

For additional information, please contact:  
Aisha P. Salazar, M.S.  
*Associate Extension Agent, Family & Consumer  
Sciences*  
(serving Arlington & Alexandria  
through Food, Nutrition, Health; Finance;  
and Energy Efficiency programs)  
Email:  
[asalazar@vt.edu](mailto:asalazar@vt.edu)



## VCE is Recruiting Volunteers!

Please help us spread the word! VCE is accepting applications for volunteers for the Master Food Volunteer and Energy Masters programs. While the deadline for the MFV program has officially passed, volunteers will still be accepted for Arlington and Alexandria. For the Energy Masters program, volunteers can continue applying after August 15th but won't receive the discount rate. We're especially looking for volunteers who speak Spanish, Amharic, and Arabic. Needs-based scholarships are available.



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

**Need help with a Budget, Student Loans, or  
Planning for Retirement?  
Or do you have other Financial Questions?**

There are 3 ways to receive **FREE** VCE financial coaching!

### **1) 1x1 Financial Coaching!**

VCE One on One Financial Coaching is free and confidential and is brought to you by our Master Financial Education Volunteers. Coaching sessions are based on your needs; coaches help with budgets, answer financial questions, and provide helpful resources. Register at <https://arlington.ext.vt.edu/>

### **2) NEW: Virtual Financial Help Desk!**

Try out our 1 on 1 coaching virtually or by calling in. Bring your financial questions and learn about a different topic each week! In each session Master Financial Education Volunteers will go over different financial topics for about 20-30 minutes but will answer any and all questions you have about finances. Learn something new and get your questions answered by our financial coaches!

\*Preregister at <https://arlington.ext.vt.edu/> to be notified of new sessions:

- \*Session 1: Planning for Financial Success\*
- \*Session 2: Tips to Manage Credit & Debt\*
- \*Session 3: Saving for the Future\*

Once you register, you will receive the Zoom link to join the Help Desk either through Wi-Fi or by phone. Please note, Zoom is free if you use Wi-Fi and call with unlimited minutes; the number is not toll-free. For more information, please visit <https://arlington.ext.vt.edu/>

### **3) NEW! Financial Help Desk by Email!**

Send your financial questions to [VCE-FinancialHelpDesk-q@vt.edu](mailto:VCE-FinancialHelpDesk-q@vt.edu) and a volunteer will get back to you. Ask any of your questions. This is great for anyone just wanting quick tips or short-term concerns.

**Questions? Email [asalazar@vt.edu](mailto:asalazar@vt.edu) or call 703-228-6400**

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## 1.) 1X1 Financial Coaching

Register at  
<https://arlington.ext.vt.edu/>

## 2.) Virtual Help Desk

Preregister at  
<https://arlington.ext.vt.edu/>

## 3.) Financial Help Desk by Email!

Send financial questions to VCE-  
FinancialHelpDesk-g@vt.edu



# Additional FCS Updates

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*Do you speak Amharic, Arabic, and Spanish? Join our Energy Masters, Master Financial Education Volunteers, or Master Food Volunteers! We're looking for help with translation and outreach events. If you can't attend the full program, you can still volunteer based on your schedule or working remotely.*

## Virtual Financial Simulations for Teens!

If you are interested in a Virtual Reality Store, let us know by filling out this [form](#)! These classes can be taught through Zoom or Microsoft Teams (or other platforms as needed) and are a great supplement to lessons on finance and money

## Also- reminder for people to donate produce:

### Volunteer with Plot Against Hunger!

To donate produce or volunteer to bag produce for local food pantries, please visit [HERE](#). *You do not have to be a VCE volunteer to volunteer or grow produce.*

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**VCE Arlington** is hiring a part time bilingual or multilingual Financial Education Program Associate. For details, visit [arlington.ext.vt.edu](http://arlington.ext.vt.edu)

## VCE is Hiring in Fairfax County and Shenandoah

The Fairfax position is a bilingual required position while the Rockingham/Shenandoah position is bilingual preferred, but not required.

- Family Nutrition Program Assistant (EFNEP Adult)—Fairfax County

- Family Nutrition Program Assistant (EFNEP Adult)—Rockingham/Shenandoah (housed in Rockingham)



# General Updates

## Master Food Volunteer Program

Master Food Volunteers help with cooking demonstrations, nutrition classes, health fairs, farmers markets, and more. Participants are required to attend all 8 synchronous sessions and complete homework independently.

Fee of \$60 covers course access, training materials, apron, tote bag, and supplies.

Space is limited. After the application due date, we will contact you to schedule an interview to learn more about your interests and provide details on our local volunteer needs.

The Virtual training consists of 8 sessions via Zoom on Fridays, Sep 10 to Oct 29.

**Love to cook? Interested in nutrition & helping others?**

**Become a Master Food Volunteer!**

**Training begins in September**  
**Scholarships available**

Virginia Cooperative Extension  
**MASTER FOOD VOLUNTEER**

Seeking Amharic, Arabic, & Spanish speakers.

**Questions? Email**  
**MasterFoodVolunteer-g@vt.edu**

**Apply NOW!**  
**Classes begin September 10.**  
**<https://bit.ly/vcemfvtraining>**

Virginia Cooperative Extension  
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension Service, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Polytechnic Institute and State University, Petersburg.

Adobe Spark

Apply here: <https://bit.ly/vcemfvtraining>  
Questions? [MasterFoodVolunteer-g@vt.edu](mailto:MasterFoodVolunteer-g@vt.edu)

# Energy Masters Training

Energy Masters Volunteers help our community's neediest families reduce their utility expenses by delivering hands-on conservation upgrades and education. The program is run by VCE and EcoAction Arlington. To learn more and apply, [CLICK HERE.](#)



**ENERGY  
MASTERS  
TRAINING  
BEGINS  
OCTOBER  
2021.**

**VOLUNTEER WITH US!**

**EARLY-BIRD DEADLINE IS AUGUST 15.  
ADULTS & STUDENTS 16 YEARS & OLDER MAY APPLY.  
SEEKING AMHARIC, ARABIC, SPANISH SPEAKERS  
SCHOLARSHIPS AVAILABLE.**



**[HTTPS://BIT.LY/2WC5MZ5](https://bit.ly/2WC5MZ5)**

Energy Masters Volunteers help our community's neediest families reduce their utility expenses by delivering hands-on conservation upgrades and education.

To learn more, please visit our website at:  
[https://www.ecoactionarlington.org/community-  
programs/energy-masters/](https://www.ecoactionarlington.org/community-programs/energy-masters/)